

Pre-Conference D



Regression: Understanding Loss of Skills in Children or Young Adults with Down Syndrome



Brian Chicoine, MD, Medical Director, Advocate
Medical Group Adult Down Syndrome Center, Park Ridge, IL

There is a growing number of clinical case reports of adolescents and adults with DS who have shown unexpected and severe regression in cognitive and adaptive functioning, motor function, communication skills, and behavior. As reported by their families, this regression is reported to occur following a period of stable functional skill acquisition in young adolescents or adults.

While there have been several articles published about regression in adolescents and adults with DS, there remains a great deal that is still unknown. In this preconference session, we will refer to this phenomenon as “Adult Regression Syndrome.” We will provide information from published studies and reports; describe why autism and Alzheimer’s disease are excluded from consideration (considered separate entities); report on a working definition of “Adult Regression Syndrome”; and describe clinical features, evaluation, treatment, and prognosis. Emphasis will be given to some of the most challenging patients who manifest catatonia, auto-immunity, sleep apnea, and severe mental health symptoms. Case studies will be shared and time for discussion will be provided.

Learning Objectives:

1. Participants will leave understanding the diagnosis of “Adult Regression Syndrome” in individuals with DS.
2. Participants will be stimulated in discussion regarding their own regression experiences.
3. Participants will be able to use strategies to assess individuals with DS who have regressed.

Outline:

- I. Introduction/general overview
 - A. History
 - B. Previous studies
 - C. Differential diagnosis
 - D. Evaluation

- E. Treatment
 - F. Prognosis
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- II. Case studies
 - III. Discussion

About the Speaker:

Dr. Brian Chicoine is the co-founder and Medical Director of the Advocate Medical Group Adult Down Syndrome Center in Park Ridge, Illinois. The Center has served over 6000 adolescents and adults with DS since its inception in 1992. Dr. Chicoine graduated from Loyola University of Chicago Stritch School of Medicine. He completed his Family Medicine residency at Lutheran General Hospital where he is now a faculty member. He has co-authored two books *Mental Wellness of Adults with Down Syndrome* and *The Guide to Good Health for Teens and Adults with Down Syndrome* published by Woodbine House Publishing.